

Basic Report 07046, Turkey breast, low salt, prepackaged or deli, luncheon meat

Report Date: January 05, 2015 21:51 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 1 slice 28g | 1 slice NFS 28g | 1 cup wafer slices or shaved 81g | 1 cubic inch 14g | 2.0 oz 57g |
|--------------------------------|------|------------------|-------------|-----------------|----------------------------------|------------------|------------|
| Proximates | | | | | | | |
| Water | g | 71.10 | 19.91 | 19.91 | 57.59 | 9.95 | 40.53 |
| Energy | kcal | 116 | 32 | 32 | 94 | 16 | 66 |
| Protein | g | 21.81 | 6.11 | 6.11 | 17.67 | 3.05 | 12.43 |
| Total lipid (fat) | g | 0.83 | 0.23 | 0.23 | 0.67 | 0.12 | 0.47 |
| Carbohydrate, by difference | g | 3.51 | 0.98 | 0.98 | 2.84 | 0.49 | 2.00 |
| Fiber, total dietary | g | 0.5 | 0.1 | 0.1 | 0.4 | 0.1 | 0.3 |
| Sugars, total | g | 3.51 | 0.98 | 0.98 | 2.84 | 0.49 | 2.00 |
| Minerals | | | | | | | |
| Calcium, Ca | mg | 8 | 2 | 2 | 6 | 1 | 5 |
| Iron, Fe | mg | 0.63 | 0.18 | 0.18 | 0.51 | 0.09 | 0.36 |
| Magnesium, Mg | mg | 21 | 6 | 6 | 17 | 3 | 12 |
| Phosphorus, P | mg | 162 | 45 | 45 | 131 | 23 | 92 |
| Potassium, K | mg | 211 | 59 | 59 | 171 | 30 | 120 |
| Sodium, Na | mg | 772 | 216 | 216 | 625 | 108 | 440 |
| Zinc, Zn | mg | 1.33 | 0.37 | 0.37 | 1.08 | 0.19 | 0.76 |
| Vitamins | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 5.7 | 1.6 | 1.6 | 4.6 | 0.8 | 3.2 |
| Thiamin | mg | 0.130 | 0.036 | 0.036 | 0.105 | 0.018 | 0.074 |
| Riboflavin | mg | 0.320 | 0.090 | 0.090 | 0.259 | 0.045 | 0.182 |
| Niacin | mg | 0.110 | 0.031 | 0.031 | 0.089 | 0.015 | 0.063 |
| Vitamin B-6 | mg | 0.128 | 0.036 | 0.036 | 0.104 | 0.018 | 0.073 |
| Folate, DFE | µg | 4 | 1 | 1 | 3 | 1 | 2 |
| Vitamin B-12 | µg | 0.09 | 0.03 | 0.03 | 0.07 | 0.01 | 0.05 |
| Vitamin A, RAE | µg | 10 | 3 | 3 | 8 | 1 | 6 |
| Vitamin A, IU | IU | 33 | 9 | 9 | 27 | 5 | 19 |
| Vitamin E (alpha-tocopherol) | mg | 0.09 | 0.03 | 0.03 | 0.07 | 0.01 | 0.05 |

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| Vitamin D (D2 + D3) | µg | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 |
| Vitamin D | IU | 2 | 1 | 1 | 2 | 0 | 1 |
| Vitamin K (phylloquinone) | µg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Lipids | | | | | | | |
| Fatty acids, total saturated | g | 0.257 | 0.072 | 0.072 | 0.208 | 0.036 | 0.146 |
| Fatty acids, total monounsaturated | g | 0.340 | 0.095 | 0.095 | 0.275 | 0.048 | 0.194 |
| Fatty acids, total polyunsaturated | g | 0.240 | 0.067 | 0.067 | 0.194 | 0.034 | 0.137 |
| Cholesterol | mg | 44 | 12 | 12 | 36 | 6 | 25 |
| Other | | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 | 0 |